BENNIE FURLONG SENIOR CENTER MARCH 2025

281 19th Avenue South ~ Jacksonville Beach, FL 32250 ~ (904) 255-6730 Specialist: Dawn Avery Monday - Friday 8 a.m. to 5 p.m.

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| Brain Games 8 a.m.Chair Exercise 9:30 a.m. (V)Line Dance Class 1:30 p.m.(I)(V)=Video(I)= Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m. (V)Spanish Class 10:30 a.m. (I)Chair Volleyball 12:30 p.m.Fit & Fab 1:30 p.m. (I)(V)=Video(I)- Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Chair Exercise 9:30 a.m. (I)Bible Study 10:30 a.m.Crochet and Knitting 1 p.m.Fit & Fab 1:30 p.m.(I)Ballroom Dance \* 7:00 p.m.\*\* New Start Time for Ballroom\* (I)= Instructor | Brain Games 8 a.m.**Breakfast 9 a.m.**Tai Chi Class 9:30 a.m.(V)Card Making 10 a.m.1st & 3rd ThursdaysBingo 11 a.m.(V)= Video | Brain Games 8 a.m.Chair Exercise 9:30 a.m.(V)Card Games 10:30 a.m.Meditation 12:30 p.m.Fit & Fab 1:30 p.m.(I)(V)= Video(I)= Instructor |
| **AVAILABLE DAILY:** Beach Walk, Cards, Computers, Puzzles, Chair Volleyball **LUNCH** 12:00 p.m. |
| 3**Scam/Fraud Prevention** **w/Dave from VyStar Credit Union****10:30 a.m.** | 4**Shine Presentation w/Carrie****Part C Open Enrollment** **11 a.m.** | 5**Fall Prevention: “Saving Claire” w/Kris at 10:30 a.m.**Crochet and Knitting 1 p.m.All Skill Levels Welcome | 6**Field Trip:** Picnic in the ParkBird Island Park Bus Departs at 10:30 a.m.Card Making 10 a.m. | 7Card Games 10:30 a.m. |
| 10**Field Trip:** Walmart Bus is leaving at 10 a.m. | 11Nutrition Education by Dawn11:30 a.m.  | 12 **Field Trip:**Super Bingo FundraiserLane Wiley Senior CenterBus Departs at 9:15 a.m. | 13**Nutrition Education with our Dietician Sharon 10 a.m.****Special Bingo w/Nelson** **of Careplus 11 a.m.** | 14Card Games10:30 a.m. |
| 17**St. Patrick’s Day Luncheon****10:30 a.m.****Wear Green!**  | 18Celebrating National Lacy Oatmeal Cookie Day Cookie Tasting and Trivia11:30 a.m. | 19**Field Trip:** Golden CorralBus Departs at 10:30 a.m.Crochet and Knitting 1 p.m.All Skill Levels Welcome | 20**Presentation from Caption Call** **10:30 a.m.**Card Making 10 a.m. | 21Card Games 10:30 a.m. |
| 24**Field Trip:** Publix10:30 a.m. | 25Presentation on National Diabetes Alert Day by Dawn11:30 a.m. | 26Crochet and Knitting 1 p.m.All Skill Levels Welcome | 27**Northwest Behavioral Group Session w/Charles** **10 a.m.** | 28**Walk for Senior Wellness****Friendship Fountain****11 a.m. – 1 p.m.** **Registration Required****Monthly Birthday Celebration**  **12 p.m.** |
| 31**Blood Pressure Screening 11 a.m.** |  |  |  |  |